

—DISCUSSION OF ENERGY AND THE PHYSICAL BODY

—DISCUSSION OF PERSONALITY

INTRODUCTION: This is another recording taken from the files of experimental sessions conducted at the Monroe Institute. Such sessions began during a series of research projects which involved the exploration of the out-of-body state.

In 1975, a new factor appeared in the experiments. For reasons that were brought out later our out-of-body Explorers suddenly found themselves meeting and communicating with other conscious intelligences... or so it seemed. Such meetings were totally unlike the typical transe states of mediums and hypnotic subjects. First of all, our Explorers were fully active in their own consciousness, able to perceive, analyse and perform their own decision-making. Second, none of those with whom they communicated had a basic identification as a person—a human being who had lived and died on our Earth. Not a single dead aunt, uncle, mother or grandfather in the entire group. This was something different.

In this case our Explorer is JCA, a professional and executive in the field of social and mental health services. As we pick up the recording, JCA is already beyond physical matter reality and reporting in.

EXPLORER (JCA): ...feeling nothingness, of being nothingness: I am... I found myself in total blackness, being there, not being able to feel or see my body, but feeling where my eyes should be, looking around to see what's there, not being able

to see anything, feeling myself to be energy, and feeling energy around me that would represent other people; and meeting my guide who is also not in body form.

This time he spoke to me in a very deep voice, showing me it was still him; although his voice may be different, he is still the same person. And the feeling of nothingness is quite comfortable. Shedding the body is not scary.

MONROE: Alright, ask your guide if he has any questions, any answers, any messages or any information for you, or me, or for anyone else.

EXPLORER: Ok... I would say that tonight is a lesson for me to experience energy on another level; to feel energy. Apparently, this has been triggered off by my paying attention so much to physical body and to death of physical body, rather than looking at the being above that or beyond that. He just wants me to feel more comfortable with death and with not seeing a body. What he's going to prepare me for is more communication for more learning. This is very reassuring... I don't know why it feels that way.

MONROE: Ask him if he can describe for you the interactive position between this energy that is you now, and your physical body. What is this relationship between this energy body that is you, and the physical body that you are aware you have?

EXPLORER: That's a good question.... I don't believe this... Part of my energy that I have when I am out of my body is used to build my body. When I use this energy to build my body, being here on Earth, that blocks or curbs my thinking

process, so it doesn't go out-of-body. And the thinking process needs to be curbed in order to communicate with the other personalities that are here on Earth. Again, it's a one-type of communication.

When I'm out of body I take most of that energy that is used by my body with me, but enough to keep the body in form is left here. It permits me to pen up my mind and to be aware that there are other personalities, other brains, so to speak, to communicate with, to speak to, and to learn from.

MONROE: Ask the question, then, at what point in the creation of the physical body energy we inhabit, at what point do you become a part of it?

EXPLORER: Apparently —although fertilization is a mechanical thing, a chemical thing— the personalities out of body make choices, and are very much aware when this process happens. And they choose at that time to develop the foetus or not to develop. Part of my energy, even at this moment, may be used to develop a personality —I mean a body. And I may have several bodies going on at the same time... I mean several bodies are being developed at the same time.

MONROE: At the same time in this physical matter reality?

EXPLORER: Yes...

MONROE: If this is so, then ask your guide where some of those other bodies are located —if there are others— and that you are developing at this time.

EXPLORER: He's trying to tell me right now there's one that is old, one is crippled, one is male, and where they are I'm not ready to know... I could feel being old and crippled, but I really couldn't feel being male.

MONROE: Very good. Now, as this relates to what is known as physical matter, how does this take place, this separation? Ask your guide. How does this separation take place? What happens at this particular time?

EXPLORER: It seems that the energy returns to the personality and it strengthens... I don't understand it. It doesn't fit.

MONROE: What is the purpose of being in a physical body?

EXPLORER: It's the energy of the personality. It is not totally aware of itself until parts of the personality go to the physical body and give it range, or give it depth, so that it could look at itself at the low side as well as —when it goes out of the body— look at the high side. So you're looking at a continuum. And only after death does it come back into the personality. The personality is more aware of its own potentials... It feels right but it's not coming out right... *(chuckle)*

MONROE: Let us try another approach, then. Suppose this is so, when you return to the personality, do you then return again to this physical matter existence? And if so, is it your choice or is it something that you must do?

EXPLORER: What the personality wants to do is to learn about itself. After death, it returns. It's like the whole

personality takes an assessment of where it's at and doesn't really feel itself becoming a unified force, or part of a larger force. And until it feels whole it keeps exploring all parts of itself through physical bodies, like coming down to Earth. Apparently, at some point in time, when it becomes a unified whole, it no longer feels the need, then, to ever re-enter a physical body. That's the part of feeling... I think part of feeling nothingness, of just energy, of just *being*, without having to have a shape or form usually recognizable.

MONROE: Does this entering your physical body... is it just limited to this planet Earth, or to other planets in what we see as the universe?

EXPLORER: We go to other places. There are beings in other places... and our energy is aware of all these other places.

MONROE: Do we inhabit physical bodies in these other places?

EXPLORER: Not like human bodies you know; not like Earth bodies, but other forms of things or beings... like there's Martians... Martians I saw.

MONROE: Yes...

EXPLORER: We may do that. It could even be that one of our personalities, part of our personalities is playing against another part, to maybe work out a problem —not a problem, that's not correct: to help understand the personality.

MONROE: Ask your guide what are some of the other forms on other planets. What are those other forms like if they are not like our physical forms here?

EXPLORER: He's showing me ones like jello, gelatin kind of things, slimy kind of things... ooh!...

MONROE: Are these located anywhere near the planet Earth in our physical system?

EXPLORER: They're thousands of light-years away.

MONROE: Ask him, then, what about these Martians you've described, are they really from what we know as the planet Mars?

EXPLORER: They stop there, but that's not where they live. Apparently it's like a visiting place for them, but it's not where they live.

MONROE: Where do they live?

EXPLORER: In a green place... another green place... how can that be?

MONROE: Is that thousands of light-years from here?

EXPLORER: It's pretty far away... We were almost going to go, but then we decided not to.

MONROE: I see.

EXPLORER: I'm not sure I want to go that far you know (laugh...).

of matter into another form of matter that can be assimilated and digested, and act as nourishment for the physical body? In other words, can we take dirt or soil, and convert it into something that would be of nourishment for the physical body?

EXPLORER: Initially, he said yes. And then he also said we would need to do this less if we used this energy to slow down our own metabolism. We don't need as much sustenance as we think we do... And therefore, a lot of the foods that are around us, even in some pretty hard times, would hold the physical body together. We wouldn't have to transform trees or dirt into food. We could also use this energy to recognize edible and non-edible... in terms of poisonous and non-poisonous things.

MONROE: It can be so done, then?

EXPLORER: Yes. In other words, you can work out a code, where you look at something... if it were good it would indicate a white light over it or something, or if it were bad, indicate a red light or something like that. You wouldn't have to look into a science book or a plant book to know what you're eating.

MONROE: I see. Is there... in such intaking in the physical body, is there anything that is destructive about eating or consuming animal flesh—in other words, meat?

EXPLORER: It's harder on the body. Our body was made more for... I keep seeing plants; green plants... but we have the capability of making our body able to handle animal fats or animal meat if we wanted to.

MONROE: I see. In order, then, to bring the body energies... is there any way that we can use this energy-that-is-you, can we use this energy to restore and build the physical body directly?

EXPLORER: Again, if it's in terms of life being prolonged, when it should be cut off, no. The physical body is not something that goes on forever, although the energy would be able to do that. It's not going to help the overall personality to learn from it. It would just be wasteful. The idea is to use the body as a tool, to learn. And once you've learned from it, then the body should be discarded. And therefore the energy, the mind returns back to the personality.

MONROE: Very good. In this question of personality in the adaptation of a physical body, is there a structure... is there a subdivision... is there a seven-worlds structure, in which one operates, or is this totally a (*inaudible*) situation?

EXPLORER: I'm not sure what you're asking...

MONROE: I'm asking, is there a set of rules or laws under which one —this energy-that-is-you— operates in terms of inhabiting a physical body... (*inaudible*)...? Is there a supervisor, a boss or whatever, who instructs you and decides what you do?

EXPLORER: No. The energy itself decides. Now, if the energy itself makes wrong decisions or misuses the energy, then it destroys itself. If it makes correct decisions, it builds or strengthens the personality. And it is possible for the energy to destroy itself.



MONROE: That's very good. Ask him, then, how can we display this type of energy-that-is-you... how can we display it in a form, here in this physical matter world, that people will really be certain as to what it is... another form of energy. How can we demonstrate this?

EXPLORER: In fact, he says we're not going to...

MONROE: For what reason?

EXPLORER: He doesn't see any purpose in doing it. He doesn't see any positive results, a positive reason for doing it. And it's unimportant.

MONROE: Does he not feel it is important that we make this culture in which we exist aware of this energy?

EXPLORER: Oh, yes... he feels that that needs to be done.

MONROE: How can we best do this?

EXPLORER: He suggests that he might get some more guides to come and monitor over the seminars to help people stay in Focus 12 and feel very comfortable in 12, so that they would want to keep returning there. Because the more they stay in 12 the more they are going to realize that they are part of a much bigger force or personality.

MONROE: That would be very helpful. Ask him... Is it possible while in the physical body, to use this energy to do or perform certain things that are necessary for the sustenance of the physical body? For example, is it possible to use this energy, of which you are, to convert one form

MONROE: What is classified as «misuse»?

EXPLORER: When it has not added to its present knowledge, it hasn't learned or hasn't gained anything more than it knew previously. It's more than just a question of good or bad, or good or evil.

For example, killing, by itself would mean that it would destroy the energy. If the killing —whether it be of an animal or another human being— was not just added to the knowledge but was enhancing the personality... the deed actually enhances the personality, the previous knowledge or understanding... then, that may be used as additional strength. If the killing was for the sake of killing and nothing learned, and nothing gained, then it could destroy the overall personality. It's almost like a chemical reaction, but it isn't. I mean there isn't a super guy who destroys the energy. The energy itself may destroy itself.

MONROE: Under these conditions, on 100 personalities who exist in the planet Earth, and who perform or do not perform certain acts, how many are so destroyed, out of a hundred in this system?

EXPLORER: I got five, and then I got very few.

MONROE: I see...

EXPLORER: It's also possible for these energies to merge with another energy who are at the same development level. So it may also be possible for five energies to merge, to become one energy. Now they can at that time become integrated, or they may look... the energy might look at this

new situation and decide it needs more information to become a unified whole, and therefore may send up part of its energy into physical bodies, or whatever... But there also seems to be a hierarchy of understanding that goes along with this. As the energy is strengthened it moves up a hierarchy of knowing.

MONROE: And where is this hierarchy going to lead to?

EXPLORER: I asked that also, and it... what we would call «God»... but it's ... I can see it, I can feel it, but I can't say it. The words don't say what it really is.

MONROE: Very good. What would be the purpose of the merging of personalities?

EXPLORER: It's very important to become... move towards this unified whole. A whole... like there is one on the top... and as the personalities move and merge and become more knowledgeable, when the level of understanding increases, they move on up to... this doesn't make sense, probably, but usually it makes a lot of sense.

MONROE: Alright, then. I think this will give us a lot of material to think about. So thank your guide and ask him if there is a name we can use for him such as the name *Seth* uses for *Seth*. We would like to have a name for him.

EXPLORER: He doesn't want to give a name to me right now because he doesn't want it to interfere in the training we're doing, and afraid that I would be too... not concrete, but that's close... like he can do his work better right now without my giving him a name. It's bad enough having given him the name *guide*.

MONROE: Alright, ask him if there is any other training exercise he would like you to perform before we close this session.

EXPLORER: No, he feels I've gone further than he had anticipated I would go tonight, so he's quite satisfied.

MONROE: Very good. Thank him very much.

#### SUBSEQUENT SESSION

EXPLORER: I'm getting rid of my inhibitions... I didn't know what he meant by that and I found myself in this black void, unable to move, breathe or anything, and I asked him: «Well, what do you mean by *getting rid of my inhibitions?*» And I don't understand where I am right now. My energy apparently is not going to be developed more than it already has until I allow myself to be more me —I mean all the time. He says there is a time when I really am going to —at any time during the day— be able to communicate with him, and not just here at the lab, and go to other places...

He also made the comment that people are making this higher level of consciousness or his level of knowledge much too complicated. It's not all that complicated. It's there, it exists. How much you are aware of it, the knowledge you have of it, apparently, is dependent on how much you are aware of *me* or *I*.

MONROE: Ask him, then, about the differences between this level in physical matter on the planet and that where he is. What are the steps in between?

EXPLORER: There aren't any steps in between. There's a wall. There's a barrier in between *here* and *there*, and it's like when you jump off that barrier or go through that barrier, you're there. How much you take in once you're on the other side is again how perceptive you are... just like how much you take in here on Earth is how perceptive you are. And again, your perception, your depth of perception, is your awareness of yourself, be aware of who you are, trying to figure out who you are, picking up «vibs» of other people, being aware of them, and being free enough within yourself to knock down that barrier.

MONROE: What is the barrier?

EXPLORER: The barrier is in your mind. A mind does not believe that there is more.

MONROE: How can we demonstrate to the mind that there is more?

EXPLORER: A person knows that there is more. They know it inside themselves. Whether they admit it and want to see it consciously depends on the development of the self or the spirit. If they haven't developed they're not going to verbalize it, to be conscious of it. As more and more people talk about it, more people will admit and search it out.

MONROE: How can we, here, improve that search?

EXPLORER: He's telling me to tell people that it is the search of the mind. Of what it is able to do. What it is capable of doing, rather than telling people that it's possible to go out of body. Leave that up to them, they'll tell you...

Mind... It's a search of what the mind is able to do. How to find that out, and what their mind is able to do, in a very non-threatening way, a very relaxed atmosphere. Relax them. As they get into deeper levels of relaxation, they'll become more aware of their mind, more aware that it travels, that it sees things. The mind sees things because it wants to see things; because it doesn't like to see emptiness and void. It secretes things. The universe itself is a great big void. It's all black. And the mind actually creates places to go to, things to do, whether it be on Earth or in an out-of-body travel. And the fact that there are people on other earths or other planets is because their minds wanted to create something, to give exercise, to see what they would do, what it would be like...

MONROE: Can we contact people on other planets, like we are doing now?

EXPLORER: Sure... But you have to realize it's what we want to see, what they want to see... Maybe there's really nothing out there... I mean true reality, absolute reality... There is nothing. We created; they created. We can communicate with them, and we can meet their minds and see what their minds see or have made up...

MONROE: Ask him if he can help you communicate with some other mind on some other planet.

EXPLORER: He showed me briefly a little while ago... He took me and we went to this little place, and I saw a person—not really a person, a being—and a place that was kind of ... a yucky kind of green that was out of a bright sky. It was kind of cold and people live under mounds. That's weird! Yek...!

MONROE: Ask him if he can take you to a place that is much like this planet Earth, and where you can understand the communication given. And if he will, ask him if you will go there, now.

EXPLORER: The name of it is: *City in the Sky*. It's not in this universe, it's outside of it. Very pretty, pretty building. Very bright; no plants, no vegetation... There's something really strange about this city... all is very pretty and pleasing to the eye... It only dawned on me that there wasn't any people. There weren't any people around, or things that I could see. And I asked him about it and he said: «The spirits of those bodies have abandoned this city. They achieved their goal and they got bored with that city. And they abandoned it.»

There is something really strange that the spirit of the Earth bodies are eventually going to abandon the Earth, when ultimate peace has been achieved on Earth, when conflicts have been resolved. The spirits of our bodies are going to abandon Earth, too. It's no longer going to be interesting, there's nothing more to be learned.

MONROE: Where will they go when they abandon it?

EXPLORER: It's not a place. It's just this... this void. The spirits don't have bodies. They are just energy. And energy exists within what we call the universe... Of course, it's not something that you can perceive... I guess they're something that you could feel... They're just *there*...

MONROE: Then ask him what happens when we pass through physical death as we call it, here. What happens to the spirit and the energy-that-is-us?

MONROE: Then, if I can find out, ask him to relate it to you as to who and where they are.

EXPLORER: No. He tells me I've had enough. He tells me to come back.

MONROE: Debrief...(pause...) How do you feel?

EXPLORER: Pretty good.

MONROE: Do you remember all of your things?

EXPLORER: Uh, uh... I wacked right back in that time...

MONROE: Wacked?... How?

EXPLORER: Can't I say goodbye to my man?

MONROE: Didn't you?

EXPLORER: I didn't have time to say goodbye to him. I just came back really fast.

MONROE: Hmmmm... Let me get you some air...

COMMENT: And there you have a glimpse into the adventures of JCA. There are many fascinating aspects of JCA's reporting, as you have heard. Here is a modern-mind personality trained in several disciplines, trying to understand and assess an information from an overview beyond such training. It would be interesting to put on paper a graph or flow-sheet of the energy patterns that JCA and her friend have described...

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EXPLORER: The spirit or energy regroup, so to speak; it takes a look at its whole and decides what it's going to do next, where part of it may still be existing in other bodies, and it may decide it wants to break up some more energy to make another body or go some place else, or it's time to integrate itself into a larger mass of energy...

MONROE: This decision... is it made of its own self, or does someone make the decision for it?

EXPLORER: It makes it.

MONROE: What other choices? What happens if it integrates with a larger band of energy?

EXPLORER: The larger band may decide also to create some more people or things, or whatever, because the ultimate is to integrate all of these energy systems to become one. And what happens there, I don't know. It becomes one, I guess. That one may live like that for a long time and then decide it wants to start all over again.

MONROE: Ask him if the energy-that-is-you is in any other bodies on the planet Earth at this moment.

EXPLORER: I'm trying to find out where or with whom, and I can't seem to receive that kind of communication.

MONROE: Ask him if that kind of information is available as far as I am concerned.

EXPLORER: Yes, you could find out from him.